



**WASHINGTON PREMIER FC**  
**AGE-SPECIFIC CURRICULUM**

**2018**

## U8(Intro)

- Speed & Agility
- Dribbling, passing and trapping technique
- Skill moves (learning 1 weekly)
- 1v1, 2v1, 1v2 and 2v2 to small goals
- Introduce juggling
- Shooting with inside of foot
- Principles of Play (behind the ball, pressure, compact/expansion)

## U9-U10(Fundamentals)

- Variation of Rondo's
- Possession (Decision & Discernment)
- Shooting, dribbling, passing and trapping techniques
- Small sided games (pressure, cover & balance)
- Principles of attack and defense (depth and width)
- 1v1, 2v2, 2v3, and 3v3s (combination play)
- Throw-ins
- Combination Skill Moves (learning 3 weekly)
- Juggling with feet
- Speed & Agility
- Balance and Coordination
- Intro/Understanding the Numbering System

## U11-U12(Youth)

- 4v4, 5v5, and 6v6 small sided games
- Wall passes, overlaps, and take-overs
- Combination play
- Combination skill moves (learning 3 weekly)
- Juggling using other parts of the body and both feet
- Defending techniques
- Pressure, cover, and balance
- Shape and space utilization
- Possession with purpose
- Directional play
- Develop a competitive mentality
- In-depth understanding of Numbering System in positional roles

## U13-U14(Advancement)

- Functional game activities (defensive and attacking)
- Developing a style and system/formation of play
- Encourages speed of play
- Possession with purpose and direction
- Good technical qualities
- Passing and striking over distance
- Movement off the ball
- Closing down space
- Develop a competing mentality
- Mentality of shooting on goal in and around goal
- Defending Principles

## U15-U19(College)

- Technically and tactically sound
- College preparation
- Physically fit & conditioned
- Adaptability of Team Shape & Style
- Aggressive mentality in final 3<sup>rd</sup> to shoot and cross
- Recognizing numerical superiority
- Speed of play
- Committed Completely
- Develop a compete to WIN mentality
- Discernment (when and why) safety vs risk
- Personal Ownership of Performance
- Nutrition and Wellness
- Life style of time management (personal ownership)
- Set pieces (advantageous/disadvantageous)

# CURRICULUM OVERVIEW

The Club is committed to developing the tools that are essential for a player to reach their highest level as a soccer player. With the technical, tactical, physical, and psychological aspects being paramount for player development our curriculum is designed to be the foundation of the club's pathway to educating each player.

## U8-U10:

Our curriculum is designed to develop a technical foundation from the ages of **U8** to **U10** which includes ball mastery, coordination, body and ball control and good technical skills. Players will be taught angle recognition, skill moves, juggling and 1v1 domination within simple training exercises. We want to build a foundation that will provide WPFC with the most technically advanced players in each age group. Along with a core foundation, we develop basic and required techniques needed to begin playing competitive soccer such as; ball control, passing, dribbling, shooting and receiving. General concepts are established and the rules of the game are taught to assure proper development. The main objective at this age is to allow our player to have a positive experience, develop a love for the game, understand how to play with teammates, and by the end of their season establish a good technical foundation. Players will learn specific skill moves every week and will learn from a weekly club-wide training program that will assist in developing a good first touch, passing and shooting with both feet and incorporating speed & agility. We have a defined set of concepts for each player to understand in order to progress within the program.

## U11-U12:

The **U11** age group expands into more possession, with a focus on spacing and proper positioning of the body when receiving a pass or shooting. Repetition on many of the same topics but adding tiered levels to challenge each player during the training and development process. It is important that players are put into situations where they have to perform skill moves, make decisions and display those same practical technical abilities in game scenarios. As players begin to progress and master the core technical foundation we want to advance their training and provide them with more challenging training situations. This age group begins to have more team concepts introduced and teams learning how to attack out of the back and switch the ball from side to side to advance up the field. In these age groups the number of players on the field will change and the field size will increase. Understanding the numbering system positional from goalkeeper to striker is important knowledge for every player. At this age group there will be inconsistencies with match performances, this is normal for these teams to have highs and lows in matches over the course of the season. At **U12**, our attention focuses on players' positions where basic tactics are introduced and we begin getting the players to think about the game from that standpoint. It is important to understand a dynamic team shape when in transition, from being compact when defending to expansion when in possession. Players should be introduced to a few different positions but still understand all of them. The **BALL** becomes the main focal point and will be used from the very beginning of every training session. The emphasis at this age will be placed on the core principles of play and the roles of players when attacking and defending. Through the use of game-like activities which allows for trial and error will expose players to the four components of the game; technical, tactical, physical and the psychosocial aspects. The training activities involve simple to complex games, using body awareness activities for both warm-up and cool down. Finally, players will learn to compete to win by doing the little things right all the time and learning that good shape is vital to the success of the team.

## U13-U14:

By this age we want our players to have advanced technically and teams to develop a consistent style of play, forming a more possession-oriented game attacking out of the back, displaying creativity on and off the ball while moving quickly into the attacking half of the opposition. Teams will work to play with maturity and patience by making good decisions, learning when to take a risk and when to be safe and maintain possession. Often times we will play backwards passes to create space and be content to keep the ball and select the appropriate time to go forward with purpose. To develop this method, it takes many hours of possession training with variations and stipulations. When players don't have a strong foundation of technical skills the process of being a good possession-oriented team can take longer. As the players and the teams progress into this style of soccer we will add more combinations and movement off the ball exercises to illustrate how to create space and scoring opportunities. In addition, team formations may vary with each team as coaches will evaluate the team's personnel and play according to their strengths. Major components are focusing on speed of play, one and two touch soccer and making quicker decisions when 1v1. Through this period, we maintain technical sharpness as players progress through this program: we must never forget the fundamentals of passing, dribbling, receiving, shooting, and heading as a core foundation for success. The ability of our players to strike a ball for distance, turning with the ball, and using and judging space become big factors in this part of the program. Our main objective is to advance teams forward in this stage with an emphasis on getting players opportunity to play against top competition. We want all our teams seasoned and conditioned to compete against the best in the state, region and nation. As teams progress into the College Program they need to be well prepared and equipped for a more physical level of play. In addition, we want to make sure players and teams develop an understanding of the role they play in one or various positions, which they will dedicate the majority of their time and effort over the next 3 to 4 years.

## U15-U19:

At this age, players should be technically and tactically sound and capable of performing complex skills without thought. This is a college readiness program where each player should be able to manipulate the ball with skill moves, dribbling with the ball at speed, 1 and 2 touch passing, being able to use the right and left foot over distance, heading and recognizing number up situations on the field. Players now have developed an understanding and have taken ownership of the team's system of play. The focus centers on team ball movement, player movement, team shape and having discernment of knowing when to go forward and when to maintain possession. At this age each player needs conditioning with and without the ball in order to maintain a competitive edge. The majority of training sessions are centered on game situations and tactical concepts. The training sessions must be competitive to stimulate game situations. The preparation on the field and the club curriculum training programmed for every team, prepares and places players into high level opportunities. The program is also dedicated to assisting players to be showcased on a platform and be recognized by college coaches from around the country. Players must take complete ownership of their development and be committed to excelling. With the progression from the fundamental development stages to the College readiness program, each player and team will have the opportunity to completely mature and reach his and her maximum potential.



## Training Session Implementation

Before the beginning of the week coaches will receive a training session with an area of concentration. Training sessions will be broken down into stages with illustration and instructions. There will also be a timeline for the duration on every stage within the session. Upon receiving the session each coach will have 2 days to look it over for understanding and given time to reach out to the Technical Director if more clarification is needed. The training curriculum is created in cycles to accommodate the clubs' seasonal periodization for the calendar year; Macro(fall), Micro(summer) and Meso(spring/winter).

Each coach will be asked to exercise the exact session given by the Technical Director. In an effort to bring unity and common practice throughout the club for the betterment of our coaches and players and to develop a greater purpose and method of training. Following the training session, coaches will also receive a progressive topic that's optional for their second session of the week. In addition, the curriculum will also provide the technical, tactical, physical and psychosocial aspects of the game on a weekly basis.

## Purpose of Interactive Training Sessions

- Club unification of training practices
- Enhance methods of training
- Organization of training structure
- Calendar Periodization for seasonal preparation
- Age appropriate training for development
- Additional practices for coaching education
- Benefit for players as they move from team to team
- Similar Coaching Structure